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**Comeback bid**

It's been a bumpy season so far, but Blue Jays manager John Gibbons believes the team can pull off a second-half surge

PAGE 18

**HISTORY IS A HANGOVER FROM WHICH I AM TRYING TO AWAKE**

HOW DRUNK HISTORY WENT FROM A COMEDY BIT TO AN ONLINE AND TV HIT

PAGE 11



**Free Child's Admission  
to the Edmonton Valley Zoo**



**At Participating  
Boston Pizza's**

# Hundreds gather to celebrate the life of Edmonton's Great Voice

**Fans, friends and family pay respects.** Singer's voice remembered as 'unforgettable'

PATRICK NGUYEN  
[edmonton@metronews.ca](mailto:edmonton@metronews.ca)

Hundreds gathered at St. Joseph's Basilica on Monday to pay their final respects to the man whose voice brought together an entire city.

Paul Lorieau, the man that sang the national anthems for the Edmonton Oilers for 30 years, was touted as a man that touched so many lives in a positive way, as evidenced by the number of people that came to celebrate his life.

"I'm not surprised to see a full church. They're very kind people and a nice family," said Aline Poulin, who first met the

Lorieaus over 40 years ago.  
"When I came from Montreal in 1970, they took me in. I sang with them."

Poulin credits the family with helping her with her transition from Montreal to Edmonton. "It was simple, but it was powerful," she said of the gesture.

An emotional eulogy was delivered by Camille Lorieau, one of Paul Lorieau's daughters, to a crowd that had trouble maintaining a dry eye.

"Dad had a consideration for others unlike I've ever seen," she said, recognizing the charitable efforts Lorieau had over his years.

She said her father asked her to speak at his funeral after reading a letter of thanks she had written him in 2005.

"You were the one person who never let me down," said Camille Lorieau, reading a segment of that letter.

Lorieau was also celebrated for his inspirational singing, something AJ Carney thinks is "unforgettable."

"I decided that I needed to show him my respect one last time. After all, he gave us all so much respect," said Carney, who's been a lifelong Oilers fan.

"I had no doubt this place was going to be packed when I got here."

As the ceremony came to a close, a montage of Lorieau throughout his 30-year singing career was played as his rendition of the Canadian national anthem rang throughout the high ceilings of the basilica.

The video concluded with the iconic image of Lorieau holding up his microphone to the crowd at Rexall Place.

"He brought us together that night, plain and simple," said Carney.

While the powerful voice of Paul Lorieau has been extinguished, the fans, friends and family members that attended his funeral make it clear that he won't be forgotten.

"Not for as long as I live," said Carney.

**Eulogy**

**"Dad had a consideration for others unlike I've ever seen."** Camille Lorieau, daughter of Paul Lorieau



**Pallbearers and family members carry the casket of Paul Lorieau, longtime Oilers' anthem singer, from an Edmonton church.** PATRICK NGUYEN/FOR METRO

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## Roads. Drunk driving still a problem across age and gender

Nearly 900 people have been charged with impaired driving in Edmonton this year, including a woman who was caught at the end of last month allegedly driving with two blown front tires and sparks flying from the rims.

Released Monday, the Edmonton Police Service's Curb the Danger results show the program received 738 calls from citizens reporting suspected drunk drivers in June. Of that total, 75 people were charged with impaired driving.

The woman who was driving with two blown front tires was charged with impaired driving after two citizens called 911.

Statistics compiled from the program show that both men and women of all ages have been charged with impaired driving in Edmonton this year.

"There is an ongoing problem and it isn't just restricted to one sex or another," police spokesperson Lisa Sobchysky said.

Approximately 19 per cent of people charged in Edmonton impaired-driving cases so far this year have been female. Of the 892 people who have been charged with impaired driving this year, five were men between the ages of 70 and 79, while 18 were women between the ages of 50 to 59.

"In terms of ages, it's not something we can point a finger and say 'it's something the young people do,'" Sobchysky said.

ANALISE KLINGBEIL/METRO



GuZoo, near Three Hills, Alta., is seen in this photo taken last week by an apparent whistleblower.

CONTRIBUTED/COUNCIL OF CONCERNED ALBERTANS FOR ANIMAL WELFARE AND PUBLIC SAFETY

# Province, RCMP look into GuZoo video

**Possible animal cruelty.** Owner threatens to keep zoo for family, friends only



JEREMY  
NOLAIS  
Metro in Calgary

Provincial officials are "following up" on new photos and videos that surfaced on Monday that are fuelling criticism of Alberta's roadside GuZoo.

Carrie Sancartier, spokes-

person for Alberta Sustainable Resource Development, said it's too early to determine if the zoo, which had its licence revoked in 2011, and then reinstated under strict guidelines, violated operating procedures.

"It is our expectation that GuZoo will meet conditions of its zoo permit and our wildlife legislation," she said.

"We are going to follow up and find out as much as we can about the video and go from there."

Metro first reported Sunday on new footage and photos of the controversial

zoo, which opened in 1990. It appeared to show filth in birdcages, maggots in food left in a cage with domestic cats and at least four animal carcasses stacked in with other trash.

The Council of Concerned Albertans for Animal Welfare and Public Safety, which provided the items to Metro, said they came from an anonymous source. The images reignited calls on the province to shut down the zoo, which houses 400 domestic and exotic animals.

On Sunday, GuZoo owner Lynn Gustafson said he felt violated, alleging four breaches of privacy at the site in the past two months. But Monday, as thousands flocked online to criticize the facility, he appeared to up the ante.

"Domestic terrorists is what they are," Gustafson said. "The government has six months to do something about this group, or I will shut my gates to the public. It will be for my family and my friends."

Three Hills RCMP received a complaint of trespassing at GuZoo on Monday, Const. Rob Harms confirmed.

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NEWS

## Billy Powers case. Psychiatric assessment ordered for accused

A man accused of killing a former Calgary sportscaster and his wife has been ordered to have a psychiatric assessment.

Derek Puffer, 35, had a bandage on his head when he briefly appeared in court on Monday.

The lawyer representing him just for the day told the court there was "some concern" about his fitness to stand trial.

Puffer is charged with second-degree murder in the deaths of Billy Powers and his

### Next court date

Derek Puffer is set to return to court on Aug. 7.

wife, Donna Lee.

The couple was found stabbed to death in their bed in their home on Thursday.

Police say Puffer was living with them, and was Donna Lee's adopted son from her first marriage.

THE CANADIAN PRESS

## Fatality inquiry report. 'Challenging behaviour unit' recommended

A fatality inquiry report released Monday, more than four years after a 27-year-old woman died from self-strangulation, recommends the Alberta Hospital Edmonton consider creating a "challenging behaviour unit."

In 2009, Nicole Laramee, who suffered from cerebral palsy and had a history of self-harm, strangled herself with bed linens while living in the hospital's psychiatric intensive-care unit.

She died a short time later at the Royal Alexandra Hospital.

A public fatality inquiry is held to establish the details around a death and may make recommendations to prevent similar incidents in the future.

### Young woman

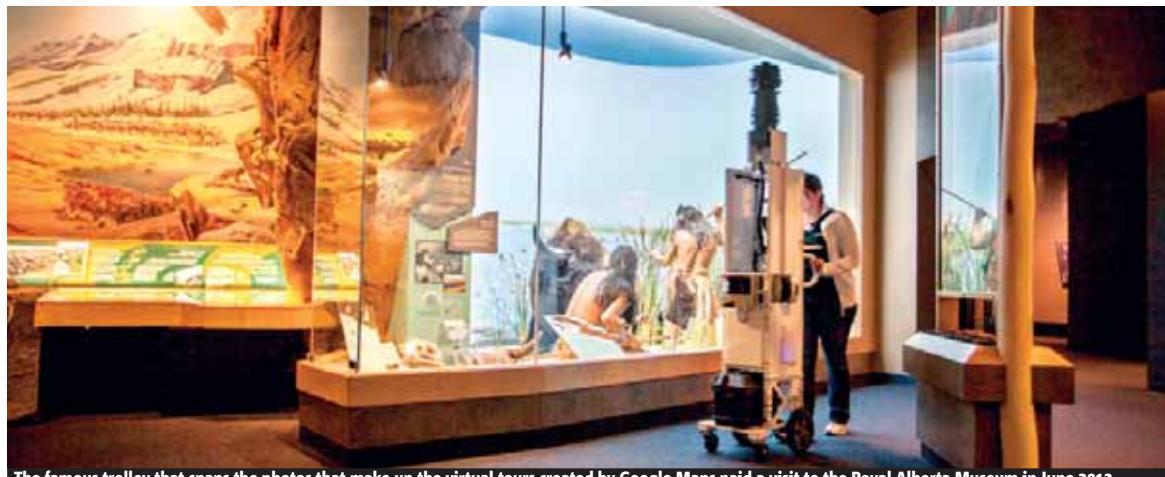
**27**

In 2009, 27-year-old Nicole Laramee strangled herself with bed linens while living in the hospital's psychiatric intensive-care unit.

The report, released Monday, recommends the Alberta Hospital Edmonton consider the need for and feasibility of a "challenging behaviour unit."

It also suggests a system of documenting and ensuring observation on a timely basis of suicidal patients be instituted and formally adhered to.

METRO



The famous trolley that snaps the photos that make up the virtual tours created by Google Maps paid a visit to the Royal Alberta Museum in June 2012. The tour launched online late last month. CONTRIBUTED/ROYAL ALBERTA MUSEUM

# A (virtual) night at the museum

### New online tour.

Don't feel like getting off the couch to go to the Royal Alberta Museum? Just Google it



HEATHER MCINTYRE

heather.mcintyre@metronews.ca

Those interested in Alberta's biodiversity, landscapes and human history can take a trip to one of Canada's most popular

museums from the comfort of their own home.

Thanks to a new virtual tour launched by Google Maps, all it takes to enter the Royal Alberta Museum is the click of a mouse.

"It gives people who may not be able to visit the opportunity to take a look around and see what we have to offer, learn a little bit about Alberta," said Deborah Andrews, head of community relations. "That's kind of exciting to know that we're there for the entire world to take a look."

The tour features the museum's theatre, lobbies, Wild

### Permanent exhibits

**3**

Three galleries — the museum's permanent exhibits — are part of the new Google Maps virtual tour.

proached with the idea over a year ago, and Google staff arrived with the computer-operated trolley to take photos last June.

The virtual tour itself, available through Google Maps, was launched a little over a week ago.

Andrews said there has been nothing but positive feedback so far, and that the hope is the tour reaches out to people here in Edmonton, and all across the world.

"It's a great place to visit and great things are happening here."

The museum was ap-



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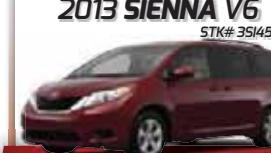
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## Asiana crash. Coroner to verify findings on whether girl was killed by fire truck

A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Foucraut said that while autopsies of the two teens have been completed, he wants to review information from the public-safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously gener-

ated a lot of attention," Foucraut said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have struck one of the two girls, who were the only fatalities.

Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Transportation Safety Board chairwoman Deborah Hersman said.

THE ASSOCIATED PRESS

## Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked without provocation just after their dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire erupted. More than 400 were wounded in the mayhem, officials said. THE ASSOCIATED PRESS

# Players point fingers while town carries on

### Lac-Mégantic disaster.

Rail company and the fire service of a nearby town blame each other

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various players pointed Monday to a dispute about who's to blame.

The fire chief in Nantes, Que., near the now-ruined Lac-Mégantic, said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line — and that it had fought four such fires in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic. Hours later, that same train rolled into Lac-Mégantic and exploded, killing at least 13 and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was put out.

"The people from MMA told us, 'That's great — the train is secure,'" Lambert said.

The rail company tells the story differently.



Raymond Lafontaine, who lost a son and two daughters-in-law, hugs Maud Verrault, who worked at the Music-Cafe Bar and lost friends and colleagues, at the Lac-Mégantic refugee centre on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough — and that the decision to shut off the engine to put out the fire may have disabled the brakes.

"As the air pressure deflates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC.

While the fire service said it left the train in the care of a track-maintenance employee,

Burkhardt said it's possible that person might not have known how to secure the breaks.

### New reality in Lac-Mégantic

The town of Lac-Mégantic began its work week in anything but working order.

- Death.** The coroner's office asked relatives of people missing to provide DNA to help identify victims.

- Ruin.** Dozens of businesses and homes were destroyed. A grocery store and a popular bar are gone. So is the library.

- Sympathy.** From England, the Queen offered her condolences Monday for the shocking loss of life.

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## A little doe in the Big Apple

This photo shows a newborn southern pudu, a native of Chile and Argentina that's a member of the world's smallest deer species, that was born at the Queens Zoo last month in New York. The doe weighed 1 pound at birth. JULIE LARSEN MAHER/WILDLIFE CONSERVATION SOCIETY/THE ASSOCIATED PRESS

## Orphaned. Grizzly hooked on grapes after spending winter, spring in rehab

An orphaned grizzly bear that was found near starvation six months ago headed back home to the wild in Golden, B.C., on Monday after filling up on grapes at a rehabilitation centre that nursed it back to health.

Tika, whose name means Brave One in a First Nations language, was cared for at the Northern Lights Wildlife Society, which runs a unique pilot project in partnership with the International Fund for Animal Welfare and British Columbia's forests and environment ministries.

The grizzly wandered into a backyard last December and was captured by a conserva-

tion officer, then brought to the centre in Smithers, a three-hour truck ride away, just before Christmas.

Angelika Langen, who co-owns the centre with her husband Peter, said the weak and skinny six-month-old cub weighed about 15 kilograms, about a third of what it should have weighed, when it arrived.

It had bulked up to 72 kilograms by the time it left on Monday.

Instead of hibernating, Tika spent the winter noshing on meat, fish, fruit, vegetables, dandelions and its favourite treat: grapes.

THE CANADIAN PRESS

Windsor, Ont.

## Cops find more than 100 dead cats in man's apartment

A southern Ontario man has pleaded guilty to charges stemming from the discovery of dead cats in his freezer and refrigerator.

Authorities say 155 dead felines and 49 living ones were found in a one-bedroom apartment in downtown Windsor, Ont., last December following complaints about excessive cats. The apartment was also littered with puddles of urine and feces, while autopsies found the cats had been cannibalizing each other. THE CANADIAN PRESS

# 5 rescued from tiger ambush

### Trapped for five days.

Sixth man was fatally mauled after cub was accidentally captured

Rescuers on Monday reached five men trapped in trees by several Sumatran tigers for five days after the angry animals mauled a sixth man to

death, police said.

First Lt. Surya Purba said three tamers managed to drive the tigers away before the men, who were in weak condition, were evacuated from trees in the protected Mount Leuser National Park in Tamiang, an Aceh district neighbouring with North Sumatra province in Indonesia.

The men were looking for rare agarwood — used to

### Fighting for his life

"The branch broke, causing him to fall to the ground."

First Lt. Surya Purba, on a man who was mauled to death by tigers after managing to climb a tree

make incense and perfume — and accidentally caught a tiger cub in a trap they were using

to catch deer for food, said district police chief Lt. Col. Dicky Sondani.

The incident caused five other tigers in the area to attack the men, Sondani said, citing reports from villagers who received mobile phone messages Thursday from the survivors. One of the men was mauled to death, while the five others managed to climb into trees. THE ASSOCIATED PRESS

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**Coal burning****Pollution linked to shorter life span in northern China**

A new study links heavy air pollution from coal burning to shorter lives in northern China. Researchers estimate that the half-billion people alive there in the 1990s will live an average of 5.5 years less than their southern counterparts because they

breathed dirtier air.

China itself made the comparison possible: for decades, a now-discontinued government policy provided free coal for heating, but only in the colder north. Researchers found significant differences in both particle pollution of the air and life expectancy in the two regions, and said the results could be used to extrapolate the effects of such pollution on lifespans elsewhere in the world.

The study by researchers

from China, Israel and the United States was published Tuesday in the Proceedings of the National Academy of Sciences.

While previous studies have found that pollution affects human health, "the deeper and ultimately more important question is the impact on life expectancy," said one of the authors, Michael Greenstone, a professor of environmental economics at Massachusetts Institute of Technology. **THE ASSOCIATED PRESS**



**A woman wears a mask in Beijing.**  
GETTY IMAGES/FILE



**A woman dove head-first through the window of her marooned car before wading away in the thigh-deep water in Toronto on Monday.** FRANK GUNN/THE CANADIAN PRESS



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## Storm makes for a nightmare commute in T.O.

### City streets flooded.

Severe thunderstorms cause blackouts, havoc on roads around city

Record-smashing rains knocked out power for hundreds of thousands of residents across the Greater Toronto Area, including the majority of Mississauga, and so badly flooded some roads and major highways that drivers abandoned their waterlogged vehicles.

Mississauga, a city of more than 700,000, saw some of the worst of the blackouts with 80 per cent of the community plunged into the dark, according to power distributor Enersource. By around 10 p.m., only about 50,000 were with-

out power.

Environment Canada said some parts of the GTA had been drenched with more than 100 millimetres of rain, trouncing the previous one-day rainfall record of 29.2 mm in 2008 for Toronto and even beating the 74.4 mm monthly average for July.

Water from flash flooding poured out of sewer drains while Toronto's downtown core was dotted with abandoned vehicles.

Drivers were not the only ones dealing with problems getting around after the severe thunderstorm system hit at about 5 p.m. All of Toronto's subway service was temporarily halted due to power and signal issues. Some stations were also flooded. Partial service later resumed but large parts of the system were still shut down.

THE CANADIAN PRESS

## Goodbye. Vic Toews says he leaves us with a safer nation

A federal cabinet minister who suggested his opponents were allies of child pornographers and saw details of his sordid divorce on social media while he argued for increased Internet surveillance is leaving politics.

Public Safety Minister Vic Toews announced Monday, in the leadup to an anticipated cabinet shuffle, that he was resigning as MP for the Manitoba riding of Provencher.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said in a news release.

Toews, 60, was first elected to the House of Commons in 2000. In the last federal election

### Not a friend to all

#### Not everyone will miss Toews.

- "All too often we saw spite and short-sightedness instead of gravitas," said federal NDP ethics critic Charlie Angus.

- "Many of my colleagues and myself won't miss his insults," added NDP justice critic Francoise Boivin.

in 2011, he won the seat for the Conservatives with just over 70 per cent of the vote.

THE CANADIAN PRESS

# Agency beams ads into rail commuters' heads



Ad agency BBDO Germany is testing out a new way to market products to rail passengers. When someone's head touches a train window, it activates an ad that uses so-called bone-conducting technology — which makes it sound as if the commercial is playing in the passenger's head. **1STOCK**

**Germany.** When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered

 **KIERON MONKS**  
Metro World News

The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of a train. Using so-called bone-conducting tech-

nology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forthcoming Google Glass device, and the model could become common if successful.

"It's at the trial phase and the public reaction will decide if this takes off," Ian Barber of the Advertising Association told Metro. He added that "public space is the innovative sector" and near-field technol-

## Quoted

**"It's at the trial phase and the public reaction will decide if this takes off."**

Ian Barber of the Advertising Association

ogy, facial recognition and augmented reality are all developing fast.

But reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while some online comments included promises to smash the glass.

BBDO claim the prototype has been successful but are waiting on customers before announcing a roll-out date.

## Loonie rises amid strong housing data

The Canadian dollar closed higher Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring.

The commodity-sensitive loonie also benefited from rising metal prices, and was up 0.07 of a cent to 94.7 cents US.

Statistics Canada reported that building permits worth \$7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a drop in the neighbourhood of 10 per cent.

## Back to parity?

- A new report from CIBC World Markets says the loonie should stay within a couple of cents of current levels for the rest of the year, then rebound to parity with the U.S. greenback by the end of 2014.

The increase in May came mainly from the residential sector in Ontario and the non-residential sector in Quebec.



## Are the new Twinkies a bit too well-preserved?

Twinkies don't last forever, but they'll have more staying power than most people remember when they return to shelves next week. Hostess Brands LLC says the spongy yellow cakes will have a shelf life of 45 days when they start hitting stores again July 15. That's nearly three weeks longer than the 26 days that the old company — which went out of business last year — had stated as the shelf life for Twinkies. A spokeswoman for Hostess declined to say what changes were made to extend the shelf life, saying that it is proprietary information.

THE ASSOCIATED PRESS

## Mortgage rules

### 19% of first-time homebuyers have delayed purchase

A new BMO study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened mortgage rules last year. Finance Minister Jim Flaherty introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. **THE CANADIAN PRESS**

## Market Minute

 **DOLLAR**  
94.70¢ (+0.07¢)

 **TSX**  
12,208.87 (+73.96)

 **OIL**  
\$103.14 US (-8¢)

 **GOLD**  
\$1,234.90 US (+\$22.20)

**Natural gas:** \$3.74 US (+12¢)  
**Dow Jones:** 15,224.69 (+88.85)

## Distribution Auditor (part time)

**Who We Are:** Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

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Metro Edmonton is seeking an individual to achieve regional targets for print & online and other performance metrics by developing new business.

### PRIMARY RESPONSIBILITIES:

- Work with distribution teams to ensure proper delivery of publication
- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

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- Familiar with the City of Edmonton
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to [hr@metronews.ca](mailto:hr@metronews.ca) no later than July 10, 2013. PLEASE QUOTE: "Distribution Auditor (Part Time) - Edmonton" in the subject line. All submissions will be treated as confidential.

**metro**

# NARCISSISM? AT THE GYM? OBVI

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for something.

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

how our bodies look as we go through the movements.

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pilates class.

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in

a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back tank top.

I've caught some flak for my substantial collection of pastel Nike Frees and \$90 yoga pants — you'd think I signed a sponsorship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too hard.

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays



## ZOOM

# Pride and fibreglass



DAVID PARRY/PA/THE ASSOCIATED PRESS

## Firth immortalized as Mr. Darcy from Pride and Prejudice

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in Pride and Prejudice, was installed Monday in London's Serpentine lake.

The figure shows Darcy

emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February.

THE ASSOCIATED PRESS

## Viewers have their say

**"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."**

Adrian Wills, general manager of UKTV channel Drama, told U.K. newspaper the Guardian.

**@metropicks asked:** Would you smash a stranger's car window to save a dog? How about a child?

**@mackaylc:** What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

**@canuckitude:** The cost for the stranger to replace a window is nothing compared to the loss of a life. Child or Pet.

**WE WANT TO HEAR FROM YOU:** Send us your comments: edmontonletters@metronews.ca

amenities you're looking for, but keeps the hotel name a secret until you've booked.

**Booking.com:** Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop hounding and hawking and book already).



**@MicheleCrystal\_:** my dad did for a dog when I was little! Still remember it and I def would if I saw one today

**@koolkirbs:** You can always buy a new window, but the life of a child cannot be replaced.

**@howwon:** Yes and I would stick around to snap a photo and shame them on the social media network.

**Follow @metropicks and take part in our daily poll.**



**HANNAH ZITNER**  
hannah.zitner@metronews.ca



LONELY PLANET

So you're heading out of town and spent more time preparing your vacation wardrobe than booking your hotels. No

problem. With more hotel help apps and websites around than you can throw a pina colada at, you should be able to find a place to stay faster than you can say "cerveza, por favor."

### Lonely Planet:

Known as the budget backpackers' bible, the Lonely Planet's website lets holiday makers of varying budgets find a place to stay from hostel beds to luxury resorts. Just plug in your dates, budget and LP does the rest.

### Hotwire:

If you're looking for a five-star room at a one-star price, Hotwire's your site — as long as you don't mind surprises. Hotwire lets you choose the hotel based on the area and

amenities you're looking for, but keeps the hotel name a secret until you've booked.

**Booking.com:** Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop hounding and hawking and book already).

DVD reviews



**Dead Man Down**

**Director.** Niels Arden Oplev

**Stars.** Colin Farrell, Noomi Rapace, Terrence Howard

•••••

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Oplev, who directed the original version of *The Girl With the Dragon Tattoo*, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of Dragon Tattoo-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (*The Mexican*) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown.

PETER HOWELL

**The Gatekeepers**

**Director.** Dror Moreh

•••••

A monolith crumbles in *The Gatekeepers*, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security service. He shines a spotlight not just on this shadowy operation — its motto is *The Unseen Shield* — but also on the conflicted intentions and mixed emotions of the men who run it. PETER HOWELL



Derek Waters admits he's a 'snob' and said he was hesitant to put the *Drunk History* videos online. But he's glad he did. RICARDO TIRADO

# Lots of drinking mixed with a little thinking

**Drunk History.** What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

**NOLAN GAWRON**  
Metro World News in New York

Drunk History began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by Funny or Die and now, seven years later, Waters and co-creator/director Jeremy Konner are bringing their Drunk History to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess.

"It's 100 per cent real," says Waters.

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get

**Drunk on star power**  
Drunk history airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"



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2  
SCENE

# Life becomes art becomes viral video

## All-American Boy.

Creator of country-rock ballad about unrequited gay love is basking in the video's success

He's a musician without a record label, a card holder without any remaining credit. And the gig that supplies what he calls "food money" may now be in jeopardy.

But after events of the last week, Steve Grand said "I would die a happy man today," and not for the reasons he's suddenly getting attention.

Grand's first music video, for his country-tinged rock ballad All-American Boy, was posted on YouTube last Tuesday. By last night, it had exploded, attracting more than 400,000 total views — nothing for top-charting videos from big-name recording artists, but an impressive figure for one from a complete unknown whose only promotion has been Internet buzz.

The video cost just \$7,000, a fraction of the major-names' going rate, but it was a fortune to Grand, who came up with the entire budget himself by maxing out his only plastic to tell the video's story.

All-American Boy por-

## Kris Jenner. Getting a little help from her friends

Kris Jenner isn't going it alone on her new talk show: Joan Rivers and Sean "Diddy" Combs will be among the co-hosts sharing the stage with Jenner.

The show's producer said Monday that Jenner will be paired with a different co-host for each episode of the daytime show, titled Kris. Others in the lineup include Kathie Lee Gifford, Morris Chestnut, NeNe Leakes, Tom Bergeron and Ryan Seacrest, who produces Keeping Up With the Kardashians, which features Jenner and other family members. Khloe Kardashian-Odom, one of Jenner's daughters, also will be a Kris co-host. THE ASSOCIATED PRESS

trays a young gay man who misreads signals from an apparently straight "all-American" male friend. On a day hanging out with the gang, the two guys and a girl take off in a car. She drives, as the guys sit together in the back, with the straight man, at one point, falling asleep on the gay man's shoulder.

Feeling like a third

wheel, the girl eventually angrily drives off, leaving the two men to pal around in the woods, where they end up stripping down and going skinny-dipping — even sharing a quick kiss.

Ultimately for the straight guy, it was just all in good fun. But for the gay man, it was something much more significant, and he is left dazed, confused



Steve Grand, right, and actor Nicholas Alan appear in Grand's music video.

THE ASSOCIATED PRESS

and longing.

The story was inspired by one of Grand's own.

"I was a 13-year-old boy (at camp)," noted the 23-year-old singer-songwriter, speaking by phone from his hometown, Chicago. "One of my counsellors was warm and strong and he took an interest in me — not sexually, but as a friend, and it really moved me. I remember leaving with a horrible ache in my heart."

While All-American Boy is told from the gay man's perspective, Grand said he knew its tale of unrequited love would resonate across lines of sexuality.

He's received hundreds of posts on YouTube, Twitter and Facebook from viewers, both straight and gay, saying they understand such rejection and heartache.

"Like I said, I would die a happy man today," Grand continued.

"And it's the first time in my entire life I can say that."

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## Life is Grand?

Steve Grand says that upon discovering he was gay in eighth grade, he told friends, which quickly got back to his parents. They insisted he go to so-called "straight therapy," which he endured for five years. But — surprise — it didn't work. He logged his full freshman year at Belmont University in Nashville, but due to costs, returned to Chicago. His recent employment has run the gamut from modelling to supplying music for Catholic church events, the latter being what he called the "food-money" gig.

## Threads

### Yeezus! Kanye's trying his hand at fashion again

Kanye West is true to his track Can't Tell Me Nothing as he silences his fashion critics with a design comeback.

"Yeezus," indeed. The rapper drops a new fashion line with French chic A.P.C.

@APC\_FRANCE confirmed the new hook-up over Twitter, stating: "A.P.C. KANYE CAPSULE

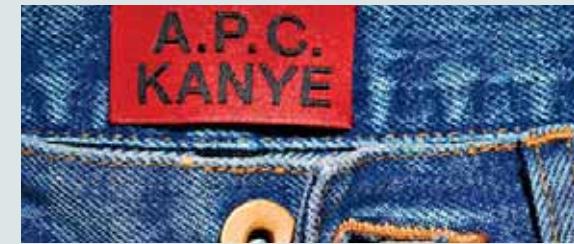
## COLLECTION JULY 14."

It's West's first return to the fashion arena since last year, when his own-label womenswear collections were widely panned.

Kanye's collaboration with A.P.C. — known for its pared-down Parisian cool — will include jeans, hoodies and T-shirts.

The clothing line also features a red "A.P.C. KANYE" tab.

The new father to Kim Kardashian's first child North West responded to the label's founder with a



humble Tweet: "Thank you Jean Touitou for letting me create with you."

And it seems that the catty comments surrounding his womenswear

outings haven't put the 36-year-old off high-end fashion, with rumoured plans he'll set up an atelier in Milan.

METRO WORLD NEWS



Kris Jenner. GETTY IMAGES

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Actor Chris Pratt shows off his surprisingly fit physique. CHRIS PRATT/INSTAGRAM.

**Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram**

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbier and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer."

#GOTG Kinda douchey to post this but my brother made me," the actor captioned the above proud selfie. Pratt's brother deserves the praise of a grateful nation.

Pratt and his wife Anna Faris are the parents of one-year-old Jack Pratt. Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25 of last year. Instead of appearing on any magazine covers to showboat the news, Pratt tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

## Is Jen pasting on a false pre-nuptial face?



Justin Theroux and Jennifer Aniston GETTY IMAGES

Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago — looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this."

## Part of me: Mayer ain't afraid to croon about Katy

John Mayer is apparently done being shy about his feelings for Katy Perry. Before launching into the romantic tune a Face to Call Home during the kick-off of his summer tour in Milwaukee, Mayer offered an extended dedication to his on-again, off-again girlfriend, saying she is "more incredible than I ever thought," according to a fan's YouTube video of the concert. Mayer recounted how Perry was by his side while he recuperated from throat surgery in Montana. "She was so patient as to continue to get to know me and love me."

### The Word



@DanielRadcliffe Dear Harry Potter, I'm Gabriel, from Brazil. Your tweet has 2 mistakes: "it has been" and "amazing".



@KimKardashian, you're beautiful. I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's "we're". Kisses.



Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here". : )

## #Adorable: Brazilian kiddies kick celeb spelling button on Twitter

JULIA FURLAN  
Metro World News

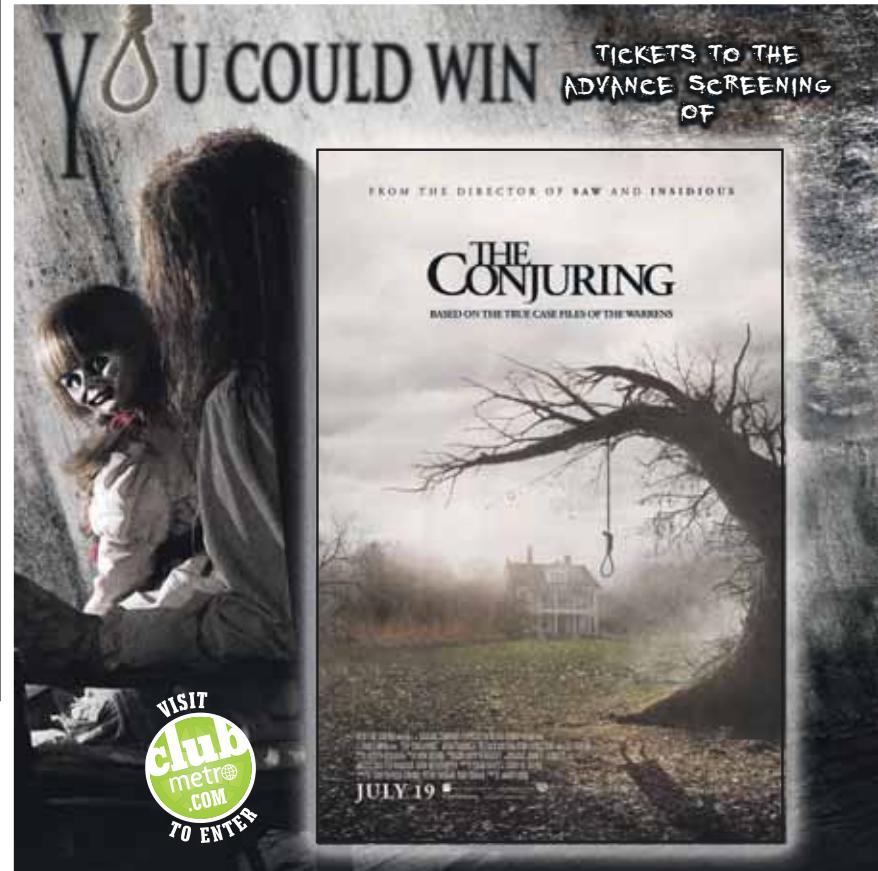
The scourge of bad grammar on the Internet often begins

with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@danielradcliffe Hi Harry Pot-

ter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing'" are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammarchops are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly.



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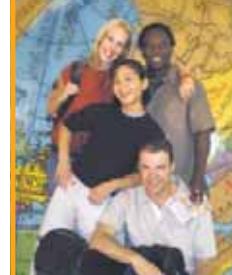
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Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS



### Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show. With hot weather, there's also a tendency for people to dress inappropriately for the job they're doing — mowing barefoot or wearing open-toe sandals and skimpier clothes that leave skin bare and vulnerable to injury.

# 5

## warm weather pitfalls



### Foot foibles

Ah, summer. Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer up the leg, leading to biomechanical dysfunction — and pain — in the knees, hips and lower back. Spending hours sightseeing is best done with a supportive walking shoe — not a flimsy, flat- or low-heeled sandal.



### BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whether cooking up burgers, kebabs or hotdogs, the use of long-handled tongs to turn the food also will help prevent searing skin or clothing. For minor burns, hold the area under cool (not cold) running water for 10 or 15 minutes or until pain subsides or immerse in cool water or use cold compresses (not ice). Cover the burn with a sterile gauze bandage and take an over-the-counter pain reliever. For major burns, seek immediate emergency medical help.

### Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention. Extremely bad sunburns may need treatment with corticosteroid creams. Of course, prevention is preferable, as repeated sun exposure can give rise to serious skin diseases later in life. Keeping exposed skin slathered with a minimum of SPF-30 sunscreen is de rigueur during the summer months.



### Bug bites

While warm weather gets people outside, it also brings out the creepy-crawlies like spiders and ticks, as well as summer's curse on wings — blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. There are a number of steps to avoid mosquito chow downs, including staying indoors from dusk until dawn when the critters are most active. Keeping ankles covered with socks and wearing long-sleeved pants and shirts — especially in light-coloured fabrics — can help keep bugs at bay. Covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.

# Calling all herbivores! This grilled dish is just for you

## Grilled Tofu with Maple-Soy Glaze



This recipe serves four. ROSE REISMAN



ROSE REISMAN

For more, visit [rosereisman.com](http://rosereisman.com) or follow her on Twitter @rosereisman

Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

1. Cut the tofu into six equal squares.

2. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place

### Ingredients

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

### Nutritional analysis

Per serving: 115 calories, 7 g protein, 15 g carbohydrates, 0.3 g fibre, 3.6 total fat, 434 mg sodium

on a serving dish and keep warm.

3. To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.

4. Pour over tofu and garnish with sesame seeds and cilantro.

### Health Solutions

## Become a grill champion



NUTRI-BITES

Theresa Albert  
DHN, RNCP  
[myfriendinfood.com](http://myfriendinfood.com)

surface so it doesn't stick and it does caramelize quickly.

- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.

- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.

- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.

- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

When's dinner? **TERESA ALBERT** IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT ON TWITTER AND FOUND DAILY AT [MYFRIENDINFOOD.COM](http://MYFRIENDINFOOD.COM)



# Falafel me this: Why not add some rice?

### Ingredients

- 1 cup (250 ml) dried chickpeas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped fresh parsley
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika
- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour
- 1 cup (250 ml) cooked and cooled U.S. brown rice
- 1/2 cup (125 ml) vegetable oil (approx)

### Lemon Tahini Sauce

- 1/2 cup (125 ml) tahini
- 6 tbsp (90 ml) lemon juice
- 1/4 tsp (1 ml) each salt, pepper and ground cumin
- 6 tbsp (90 ml) water

### To Assemble

- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced
- 1/3 cup (75 ml) finely diced red onion (optional)



This recipe makes 30 pieces. [RICEINFO.COM](http://RICEINFO.COM)

1. In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

2. In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate for up to 12 hours.

3. Pour enough oil in heavy-bottomed skillet to come 1/4 inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoons into balls; flatten to 1/2-inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.

4. Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

5. Cut each pita in half, open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using. [RICEINFO.COM](http://RICEINFO.COM)

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# Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grandfather's farm as well as exploring potential volunteer activities. Mathieu will likely attend day camp, as he did last summer, where he enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation time.

"He's 14. He's not going to want to go all summer," said

Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that when the kids were in the nine-to-11 age range, adults who were free on particular weeks would take turns rounding up the youngsters for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

## Take on a project

Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online. Meanwhile, the Hopscotch app offers kids an introduction to programming, permitting them to create games and animations.



## Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.



## Lend your time

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer opportunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.

The Nature Conservancy of Canada encourages individuals



to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. "This is just one more way for people to be engaged."

THE CANADIAN PRESS

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# App-arently there's a new way to date on your phone

## Swoon and Snapchat.

Phone applications make it easier to sext, meet people without crafting a huge profile and send private photos to those who take your fancy

AMBER MADISON  
Metro World News

The case can certainly be made that technology is damaging our dating lives. Facebook stalking rarely leads to positive outcomes, the tone of text messages can so easily be misinterpreted and new iPhones show

exactly how long it took you to type that witty response. Seriously, Apple? The good news is, some apps out there can actually help you. Here are two:

### Swoon

It's the first mobile dating app available on both iPhone and Android, meaning a larger pool of potential mates. In case you're unfamiliar with the lingo, mobile dating apps are basically low-maintenance online dating platforms. Instead of having to put together a whole profile, Swoon links directly to your Facebook page and pulls photos for other users to see. Once you're connected, the app lets you browse through pictures of potential matches

and presents a count of similar interests and mutual friends. Yes, it's not that much info to go on — but as anyone who's struggled with putting together a dating profile can tell you, sometimes less is more. Swoon is totally anonymous until you and another user "like" each other and then the app allows you to chat. Although Swoon pulls some information from your Facebook, don't worry, there's no sign on your page that you're using the app — just in case you're private about those sorts of things. And ladies, the maker of the app assured me they've spared no effort to attract "high-quality" men.

### Snapchat

Have you been wanting to send some nude pics, but you're nervous about them living in someone's phone forever? With Snapchat (for both Android and iPhone), the pics you send last for 15 seconds, then get deleted. The app markets itself as "a new way to share moments with friends," but I think it's pretty clearly for your more scandalous selfies. The slight caveat with this app is that more tech-savvy users can probably find ways around the pictures' self-destruction or even ways to recover deleted images. But if you've gotta show some skin to someone special, Snapchat is definitely the safer way to sext.



**Blake, 27**  
Shared Friends 4 Shared Interests 7



Swoon is like a scaled down dating site. HANDOUT



It can be fun to see your bank account grow from all your hard work picking strawberries. ISTOCK IMAGES

# Ain't no rest for the children, cuz money don't grow on trees



YOUR  
MONEY  
Alison Griffiths  
money@metronews.ca

With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes, by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their

money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On the other hand, spending is all about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?"

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by bringing the future into focus — summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means saving now.

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and long-term saving will flow naturally out of this.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## With glowing hearts, we see the rise of credit history

Building a credit history in Canada is listed as one of the top challenges facing thousands of newcomers that settle here every year, with many feeling "overwhelmed" by it, according to RBC Royal Bank research.

Almost one-fifth of newcomers (17 per cent), who have been in Canada less than a year, say they feel overwhelmed by all the talk about the need for credit history.

That number more than doubles to 43 per cent among newer Canadians the longer

they are in the country.

"Our research shows new Canadians understand that building their credit history is an important part of establishing their life in Canada, particularly when they are ready to buy a car or house," said Paul Sy, director, Multi-cultural Markets, RBC.

Misconceptions abound when it comes to credit building for newcomers to Canada. Some believe your credit profile improves if you earn a lot of money or that it depends on your age. But lenders look

at a host of factors when you want to borrow money, including your credit history, ability to pay bills and your total net worth.

Here are some tips to help set new Canadians on a strong credit path:

- Build your credit history as early as possible. Getting a credit card is often the easiest way to start building a credit history. By making purchases and paying them off on time each month, you are establishing a record of responsibility.
- If you are unable to pay the balance on time, make sure to at least pay the minimum balance. You'll save on interest charges and still help build your credit history.
- Check your credit report at least once a year to make sure it's accurate. You can request your report from Equifax or TransUnion, two credit reporting agencies in Canada, to see where you stand. A score is on a scale from 300 to 900 and the higher the score, the better your credit.

NEWS CANADA



Check your credit report at least once a year to make sure it's accurate. ISTOCK IMAGES

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# Mysterious Jays: It's all right, it's all right ... it's not all right

**On edge in T.O.** Highly-touted club has looked both like a contender and a bottom feeder through first half of 2013

The Toronto Blue Jays have been at their inconsistent best this season.

The optimism that surrounded the team at the start of the year was nearly snuffed out by a terrible start. An 11-game winning streak brought some relief, but the 43-45 Jays are hovering near the .500 mark and need a second-half surge to get in the playoff mix in the AL East.

There have been some big disappointments and some intriguing surprises.

## Starting point



**"It all starts on the mound with our starting rotation. If they pitch good, we've got a shot."**

Jays manager John Gibbons

The starting rotation has struggled more often than not. The bullpen — thought to be a soft point at the start of the year — has been dominant.

Sluggers Edwin Encarnacion and Jose Bautista are posting big numbers again but too many weak points remain in the lineup. First baseman Adam Lind is enjoying a bounceback year and shortstop Jose Reyes has impressed with the bat and the glove.

Injuries have taken a big toll and forced manager John Gibbons to be creative.

So is this the squad that was among the worst in the majors to start the season? Or is it the one that looked as if it couldn't be stopped last month?

It's hard to tell.

"Well that little run we made in the last few weeks, we're resilient, we could have disappeared," Gibbons said in a recent interview. "It would have been easy to really just disappear but they didn't do that. They show up to play every day and that's all we can ask for."

The rotation looked so deep in early April but the performances have been so uneven.

R.A. Dickey has only shown flashes of his Cy Young form. Josh Johnson dealt with injuries and has yet to get on track.

Mark Buehrle soaks up in-



**Jose Bautista, left, and Jose Reyes — unlike the Jays' starting rotation — have lived up to expectations on the field so far in 2013.** CHRIS YOUNG/THE CANADIAN PRESS

nings but often allows a lot of runs. Brandon Morrow was mediocre before going down with a forearm injury and J.A. Happ saw limited action before taking a liner off the head and

injuring his knee.

But Gibbons remains optimistic that his team can still move up the division standings.

"We've got to play better than we did in the first half but

I expect us to stay in this thing," he said. "But we've got to be solid. We've got to get really good starting pitching and we've got to swing the bats."

THE CANADIAN PRESS



**Chris Weidman, left, and Anderson Silva embrace after Saturday's match in Las Vegas.** THE ASSOCIATED PRESS

# White touting Silva-Weidman sequel as UFC's biggest fight ever

A pumped-up Dana White headed to the gym Monday morning and started planning Silva-Weidman 2.

"It will be the biggest fight we've ever done in the UFC," the UFC president told The Canadian Press from Las Vegas.

Bigest because Chris Weidman upset Anderson Silva on Saturday night in Las Vegas. And because of the manner in which the middleweight champion was dethroned.

The 38-year-old Silva, who had won all his of 16 previous

UFC fights, clowned his way to a loss. As he had done in other recent bouts, he dropped his hands and egged his opponent to hit him. In the past, his reflexes had kept him out of harm's way. But this time Silva got clocked in the second round

and went down. Referee Herb Dean stepped in after Weidman got in a flurry of blows on the champ as he lay on his back.

White called UFC 162 the most-pirated event in the organization's history.

THE CANADIAN PRESS

## CFL

### Stampeders QB Tate's health in question again

Calgary Stampeders quarterback Drew Tate has a strained forearm muscle in his throwing arm. Tate was on the field for Monday's practice at McMahon Stadium but didn't throw any passes. THE CANADIAN PRESS



**Stampeders quarterback Drew Tate**

## Hockey Hall of Fame

### Lamoriello hopeful this is Burns' year

Lou Lamoriello gets chills at the suggestion that Pat Burns could be inducted into the Hockey Hall of Fame some three years after his death.

"He loved the game, was very successful at what he did," the New Jersey Devils general manager said of the late head coach. "I would be

just ecstatic if Pat went in."

The 2013 class will be announced Tuesday, and Burns is one of a few borderline candidates again, joining the likes of two-time Stanley Cup-winning Philadelphia Flyers coach Fred Shero and Hart Trophy-winner Eric Lindros. A couple of the best defencemen of the 1990s — Chris Chelios and Scott Niedermayer — are favoured to get in, but after that it's up for debate. THE CANADIAN PRESS

## NHL



**"There's still times that you can go out and get a hit and get big hits that are clean."**

**Forward Matt Cooke**, saying he wants to shed his dirty player image with his new team, the Minnesota Wild.

Horoscopes

**Aries**

March 21 - April 20

What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

**Taurus**

April 21 - May 21

You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

**Gemini**

May 22 - June 21

If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

**Cancer**

June 22 - July 23

The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

**Leo**

July 24 - Aug. 23

Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

**Virgo**

Aug. 24 - Sept. 23

Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

**Libra**

Sept. 24 - Oct. 23

Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

**Scorpio**

Oct. 24 - Nov. 22

There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

**Sagittarius**

Nov. 23 - Dec. 21

The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

**Capricorn**

Dec. 22 - Jan. 20

What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

**Aquarius**

Jan. 21 - Feb. 19

You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

**Pisces**

Feb. 20 - March 20

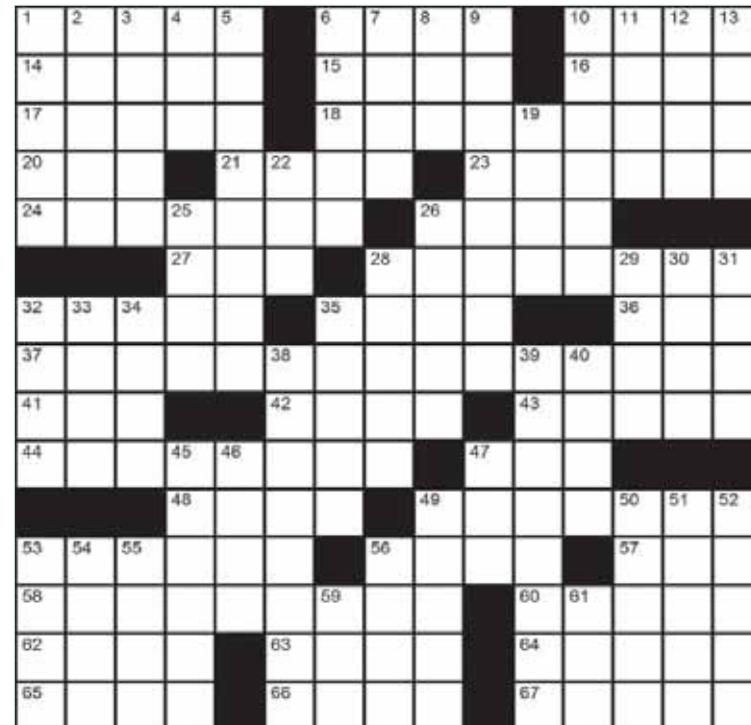
The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Wedding gown neckline, \_\_-catcher
6. Wagon
10. The Dalai \_\_
14. Exterior
15. Repenter
16. Santa \_\_ (Hot winds)
17. Change \_\_ prince (Be the fairy tale frog, do this)
18. Winnipeg Blue Bombers home, \_\_ Group Field
20. Whopper
21. Biblical verb
23. Have \_\_ (Show mercy)
24. Military frank signifiers
26. Our version of the CIA
27. Elton John's title
28. RCMP officers
32. Own up to
35. Luxury label
36. Eggs, Latin-style
37. The Godfather of Canadian Hip-Hop:
- 3 wds.
41. Hockey great Bobby
42. Klutzies
43. Suppress
44. Cowboy hats
47. Merriment
48. Let up
49. Nickname of the Toronto Argonauts
53. Declare
56. Wheat \_\_
57. Whitesnake hit: "Here \_\_ Again"



58. Governor General of Canada from 2005 to 2010, \_\_ Jean
60. Rankin \_\_, Nunavut
62. Sister on "Charmed"
63. Origin
64. Spicy sauce
65. \_\_ orders, as on

55. menus
66. Some sandwiches
67. Big name in hotels

Down

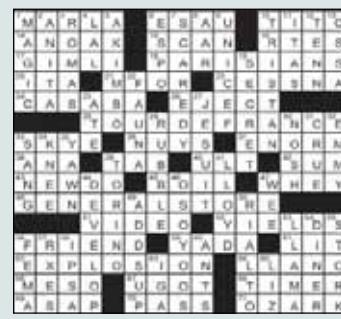
1. Springs
2. Put the machine to use: 2 wds.
3. Speak
4. \_\_ pericolo (At my own risk, in Latin)
10. Most recent

5. Actor in Shania Twain's "That Don't Impress Me Much": 2 wds.
6. Illusionist Mr. Angel
7. Uncle's wife
8. Increase, with Up
9. Pirate's hoard

11. Old World buffalo
12. Dave \_\_ (1965 PGA Championship winner)
13. Legal drama job, \_\_. DA
19. Knee-to-ankle midpoint
22. Poet's 'over'

25. Egyptian goddess

Yesterday's Crossword



Sudoku

**How to play**  
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	3	7	8	9	6	4	2	5
2	5	8	1	3	4	7	6	9
6	4	9	2	5	7	3	8	1
4	1	5	9	8	3	2	7	6
3	9	2	7	6	1	5	4	8
5	7	6	4	2	5	9	1	3
9	8	1	5	4	2	6	3	7
5	6	4	3	7	8	1	0	2
7	2	3	6	1	9	8	5	4

1	8	2	4	7		
7	6		4			3
5	4	1				
8		6	2			5
		7	2	4		
9			4	3	5	
6	2	5	8	1		

Weather

TODAY



MAX: 25°  
MIN: 14°

WEDNESDAY



MAX: 21°  
MIN: 15°

THURSDAY



MAX: 28°  
MIN: 13°



MICHELE MCDOUGALL  
WEATHER SPECIALIST

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